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GOSSIP: 'LATE NIGHT' GETS A NEW HOST

MEYERS TAKES OVER IN 2014, NBC ANNOUNCES PAGE 08

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Mother's Day Walk for Peace. Relatives and friends of those killed walk in their memory and raise nearly $100K for efforts of Dorchester-based peace institute. **Spreading the word.** Walkers marched through the streets of Dorchester to show hope for peace. **Young victims.** Walk participants heard from the mother of a Newtown shooting victim who told them to choose love. **Fired up.** An organizer tells crowd: "We are truly one strong and one Boston." PAGE 02

'ONE BOSTON' WALKS FOR PEACE

Hundreds gathered for the annual Walk for Peace in Dorchester yesterday. / NICOLAUS CZARNECKI, METRO

Listless Bruins choking away opening series

The Leafs beat Boston, 2-1, in Game 6 to force a Game 7 tonight at the Garden. PAGE 17

Take a bite out of Boston (for charity)

PAGE 09

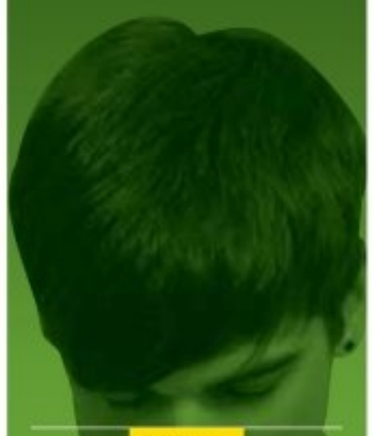
Won't you be my (quiet) neighbor?

PAGE 13

Get a mentor — maybe more than one

PAGE 14

1 NEWS



Online

Trending online at Metro.us

1 Vultures devour woman who fell from French mountain

2 Amanda Berry, Gina DeJesus missing Cleveland teens found alive after 10 years

3 Graphic video of China circus horror as performing bear eats monkey

Today's tweet

"Pay an extra $2 for your bag to have a seat if you're going to be that much of a d-----. #mbta"

@WHATHEDICKENS, WHO MAY HAVE A NEW REVENUE STREAM FOR THE T

Walkers marched up Dorchester Avenue yesterday to spread their message of peace. / NICOLAUS CZARNECKI, METRO

Call for peace makes way through Boston

Walk for Peace. The annual Mother's Day Walk for Peace attracted hundreds to Dorchester.

They walked for Troy Woods and Ronald Dias. They walked for the victims of the Boston Marathon bombings and the even younger victims of the Newtown school shooting.

Hundreds of people set off in the rain from a soggy park in Dorchester yesterday morning in honor of the countless victims of violence and to walk to spread a message of peace.

The annual Mother's Day Walk for Peace, put on by the Louis D. Brown Peace Institute, drew hundreds including Norine Woods-Jackson, of Dorchester, who was walking for the 14th year in honor of her murdered son.

"I'm going to walk until my feet bleed because we have to stop this violence. It's nonsense," she said. "The bombing itself should have been a wake-up call. … But I'm still hopeful peace is possible."

Before those in the crowd left the park to start walking, they heard from Scarlett Lewis, whose son Jesse was one of the 26 students and educators gunned down at the Sandy Hook Elementary School.

"Let's all remember and spread the word that love is a choice and that we make it every day, several times a day. We're all choosing love today and let's keep doing it," she told the crowd.

Tina Chery, the founder of the Brown Peace Institute, told the crowd that they raised $98,000 for the organization's peace efforts.

"This is what Boston has. We are truly one strong and one Boston. We are truly strong," Chery told the crowd.

Quoted

"It's not one community, it's all people from all walks of life. It's not a color-coded problem, it's a people problem." Woods-Jackson

MICHAEL NAUGHTON
michael.naughton@metro.us

Evan Bard / FACEBOOK

Fatal crash. Charges for driver after Curry College student dies in crash

A 24-year-old Stoughton man will be arraigned from his hospital bed today for allegedly driving drunk before he crashed his car and killed a Curry College student.

Sean Jackman, who is recovering at Boston Medical Center, faces charges including operating under the influence and motor vehicle homicide, the Norfolk district attorney's office said yesterday. Evan Bard, 20, a junior nursing student, was pronounced dead at the scene. MICHAEL NAUGHTON

Commencement

Cardinal says no to BC graduation

Cardinal Sean O'Malley will not attend next week's Boston College commencement because of a disagreement with one of the honorary degree recipients.

O'Malley said in a statement Friday that he will not attend the ceremony next Monday because Prime Minister Enda Kenny of Ireland supports abortion legislation in the European country.

In his statement, O'Malley said he considers abortion a "crime against humanity." He also said that while he will not be there to give the final benediction, the graduates will be in his prayers. METRO

Hub apps

City picks Google Apps for new message system

Boston is moving to the Cloud.

The city will begin moving all workers and schools to a unified messaging and collaboration platform based on Google Apps later this year. Boston selected Google and Appirio, the city announced Friday.

With nearly 75,000 email users on different systems, the city said it was looking for a way to unify the platforms. METRO

Health status

Lawmakers to get briefed on viral hepatitis

State lawmakers will hear an update on viral hepatitis rates in the state during a briefing today.

Health officials will brief the elected leaders on the disease that has infected 110,000 people in Massachusetts and 14 percent of people infected with Human Immunodeficiency Virus.

One of the concerns is that people can live with hepatitis C for years before diagnosis. SHNS/METRO

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Death investigation

Police find man dead in cemetery

Police are investigating after a man was found dead from multiple gunshot wounds near Calvary Cemetery in Mattapan about 11 a.m. Saturday morning. METRO

Repeat DUI

Police bust man for 12th DUI

A Billerica man was charged with his 12th DUI after a traffic stop in Boxborough Friday, according to WCVB. Guy Petierno, 62, will be in court today. METRO

MBTA crime

Forest Hills bike thief sought

Transit Police are asking for help finding the men they believe stole a bicycle from the Forest Hills T station at about 1:45 p.m. April 17. The men were caught on camera. METRO

Have you seen this guy?
TRANSIT POLICE

Marathon fallout

Menino expects more cameras

Mayor Thomas Menino said in an interview with WCVB's "On the Record" that aired Sunday that he will advocate for more temporary cameras at big events in the city. METRO

Suspect search

Man shot in back in Revere

Police in Revere were searching for two men who they believe shot a man in the back on the street Saturday night. The men fled on foot. GLOBE

Firearm taken from court found in raid

Theft probe. A gun taken from a Chelsea courthouse was found as police searched for a stolen laptop.

Three people were arrested after police traced a stolen laptop to their Everett apartment and found a load of drugs and guns, including a handgun stolen from an evidence locker at Chelsea District Court.

Liban Ali, 21, Jeffrey Sanon, 30, and Malensky Oscar, 21, were arraigned on various charges including possession of a high capacity firearm, trafficking cocaine and receiving stolen property, the Middlesex district attorney's office said yesterday.

The gun was found in the trio's Everett apartment after Winchester police raided the home during their investigation of a stolen laptop that had been traced there through recovery software. The gun was reported stolen in 2011.

When police raided the apartment they also allegedly found more than 36 grams of cocaine and packing material, several other guns and the stolen computer.

"The firepower and drugs that were discovered at that home created a potentially lethal combination and a real danger to nearby residents," said Middlesex District Attorney Marian Ryan in a statement.

MICHAEL NAUGHTON
michael.naughton@metro.us

Duckling Day Parade: Make way for mothers and children

Boston-area mothers and their children celebrated Mother's Day yesterday in costume. The annual Duckling Day Parade celebrates Robert McCloskey's "Make Way for Ducklings." Children and their families dressed like characters from the story and took part in a parade led by the Harvard University marching band though Boston Common and the Public Garden. / NICOLAUS CZARNECKI, METRO

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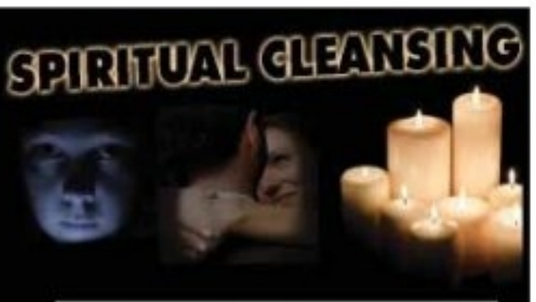

"My family and I find out that there was a lot of jealousy and witchcraft being sent to block us from finding happiness or success. We moved from place to place, but without results. A friend of mine invited me to the Spiritual Cleansing Sessions, and that was the turning point of my life. I learned to overcome negativity and evil that was being sent against me. Today, I have peace, financial success, and living in harmony." - Danna

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Louisiana

Nineteen shot in New Orleans Mother's Day parade

Nineteen people, including two young children, were shot yesterday when gunfire erupted at a Mother's Day parade in New Orleans, police said. Shots rang out at 1:45 p.m. as the second line of the parade passed the 1400 block of Frenchmen Street, New Orleans Police Department spokesman Garry Flot said. Ten men and seven women were shot, along with a boy and a girl, both age 10. REUTERS

GOP demands probe into tax scrutiny of conservative groups

Closer review. Groups with "Tea Party" or "patriot" in their names were flagged by the IRS.

Republican lawmakers called yesterday for a broad investigation of the U.S. tax agency's acknowledgement that its agents had singled out conservative political groups for more scrutiny, and demanded that President Barack Obama make clear the action was unacceptable.

"This is something we cannot let stand. It needs to have a full investigation," House of Representatives Intelligence Committee Chairman Mike Rogers, a Michigan Republican, said on "Fox News Sunday."

"I don't care if you're a conservative, a liberal a Democrat or a Republican, this should send a chill up your spine," Rogers added.

In a practice that drew complaints during the 2012 general election campaign, nonprofit advocacy groups with the words "Tea Party" or "patriot" in their names were flagged for closer review by the Internal Revenue Service when they applied to the agency for tax-exempt status. Such groups may focus on issues, but may not directly support any candidate.

An IRS official has apologized for the practice, which has embarrassed the tax-collecting agency. / GETTY IMAGES

Quoted

"If it had been just a small group of employees, then you would think that the high-level IRS supervisors would have rushed to make this public, fire the employees involved and apologized to the American people and informed Congress."

Collins

"This is truly outrageous and it contributes to the profound mistrust that the American people have in government," Sen. Susan Collins, a Maine Republican, said on CNN's "State of the Union." "The president needs to make crystal clear that this is totally unacceptable in America."

Collins said she also doubted the IRS' claim that the groups were targeted as part of an "inappropriate" organizing technique by a few bureaucrats in the agency's tax-exempt section, rather than for political reasons. REUTERS

Border violence

Turkey says world must act against Syria after bombings

Turkey accused a group with links to Syrian intelligence of carrying out car bombings that killed 46 people in a Turkish border town, and said yesterday it was time for the world to act against the government of President Bashar al-Assad.

The two car bombs, which ripped through crowded shopping streets in Reyhanli on Saturday, increased fears that Syria's civil war is dragging in neighboring states, despite renewed diplomatic moves to end it.

Damascus denied involvement, but Turkish Foreign Minister Ahmet Davutoglu said those behind the attacks were from an "old Marxist terrorist organization" with ties to Assad's administration. REUTERS

Opposition group

Syrian war death toll rises to 82,000

At least 82,000 people have been killed and 12,500 others are missing after two years of civil war in Syria, the opposition Syrian Observatory for Human Rights said yesterday.

Most of the dead were killed by troops and militia loyal to President Bashar al-Assad, and most of the missing are believed to have been detained by the government's secret police and other loyalists, the monitoring group said. REUTERS

Details. Pressure rises on White House over fatal Benghazi assault

President Barack Obama's administration fought back against Republican accusations that it covered up details of last year's deadly assault on a U.S. mission in Libya, after a news report that memos on the incident were edited to omit a CIA warning of a threat posed by al Qaeda.

The report by ABC News gave new momentum to the partisan flap over whether the administration tried to avoid casting the attack as terrorism when the presidential election was less than two months away. REUTERS

President Obama / GETTY IMAGES

Suspect dead

Police end hostage standoff in New Jersey

Three children trapped all weekend in a Trenton, N.J., bedroom with a gunman and the dead body of their mother were freed early yesterday when police burst through the door and stopped the gunman with a single shot, authorities said.

The suspect died of his wound shortly after the siege ended.

A SWAT team using flash-bang grenades stormed a back door of the home in Trenton and moved to the second floor, where they fired the single shot at the accused gunman, Gerald Tyrone Murphy, before taking him into custody, State Police Colonel Rick Fuentes told a news conference. REUTERS

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Dan Schawbel is a Gen Y career expert, the founder of Millennial Branding and the author of Me 2.0.

GET A JOB AFTER GRADUATION

It's that time of the year when graduating students are desperately looking for jobs. Some may have already secured one, but others are in panic mode and are even willing to settle for a position just to have an income. A new national study — conducted by my company and the employment site AfterCollege — shows that of the 600 students polled, 79 percent have had at least one internship in the past six months, 57 percent of those internships were unpaid and 76 percent didn't lead to a job offer. These numbers show that the job market hasn't quite recovered. Here are some tips for securing a job upon graduation.

1 Find networking opportunities

About 57 percent of students wish their schools offered more networking opportunities. It's your responsibility to find and create your own opportunities, even if your college doesn't have them. Use Eventbrite.com or Meetup.com to find events in your area.

2 Don't take anything for granted

About 44 percent of those surveyed only apply to between one and five jobs at a time. After submitting your application, don't stop and wait for a response — keep going. You need to be proactive in your job search if you want results.

3 Work harder at it

You need to make your job search a full-time job. The more jobs you apply for, as long as you're qualified for them, the higher the probability of success.

5 Come prepared

For many, the most stressful part of job applications is the interview. I've also found that employers feel students are often unprepared. Use the Internet to find information on the company and people you're interviewing with as well as industry news.

4 Think like an entrepreneur

When asked if they were interested in starting a company in the next few years, 62 percent of students weren't interested. Entrepreneurship is now a viable path to a job, so if you have a great idea and ambition, go for it.

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2 CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Sarah Silverman knows how to party, Paris Hilton has pretty high standards when it comes to living, Lena Dunham didn't ask for this and Seth Rogen is trying to be more of a guy.

@SarahKSilverman: Security just called my hotel rm w a noise complaint - that's how hardcore i am (I'm Skyping w my mom at 10:45 on a Sat)

@ParisHilton: We are only alive in those moments when our hearts are conscious of our treasures...

@lenadunham: Too many free vibrators sent to my office! Genuinely appreciate gifts, but there's something so invasive about an unrequested vibrator.

@Sethrogen: Go sports team! I hope you beat the sports team you are competing against in the sport you are playing!

1 What will not be on your TV come fall

In case you missed it, a lot of shows were axed by the big "alphabet" networks on Friday. NBC gave word that "The New Normal," "1600 Penn,"" Guys With Kids," "Up All Night," "Whitney," "Smash" "Go On," "Rock Center," and "Deception" are no longer.

CBS has canned "CSI: New York" along with long-running comedy "Rules of Engagement." And ABC canceled "Happy Endings," "Malibu Country," "How To Live With Your Parents," "Body of Proof," "Red Widow" and "Family Tools."

2 Jeff Hanneman died from alcohol-related cirrhosis of the liver

When famed guitarist Jeff Hanneman of Slayer died last week, many reported he succumbed to a flesh-eating bacteria he contracted through a spider bite years earlier. It seemed sort of right that necrotizing fasciitis would be his downfall; it just sounded so epically metal. (Not mention that Necrotizing Fasciitis would be a sick name for a metal band.) But, sadly, it was not the case. In a statement, the remaining members of Slayer said that Hanneman's death at the age of 49 was from alcohol-related cirrhosis of the liver.

"While he had his health struggles over the years, including the recent necrotizing fasciitis infection that devastated his well-being, Jeff and those close to him were not aware of the true extent of his liver condition until the last days of his life," the band said in a statement posted on its website. Hanneman was reportedly on the transplant list for a new liver.

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

3 Seth Meyers will replace Jimmy Fallon on 'Late Night'

"SNL" star and head writer Seth Meyers has been tapped to take over Jimmy Fallon's spot on "Late Night," NBC announced yesterday. Meyers will begin at the 12:35 a.m. time slot next year when current host Jimmy Fallon moves to "The Tonight Show." "We think Seth is one of the brightest, most insightful comedy writers and performers of his generation," said NBC entertainment chairman Bob Greenblatt. "His years at 'SNL''s Weekend Update desk, not to mention being head writer of the show for many seasons, helped him hone a topical brand of comedy that is perfect for the 'Late Night' franchise."

5 Poehler is dating Nick Kroll

"Parks and Recreation" star Amy Poehler is reportedly dating comedian Nick Kroll, her first romance since splitting with husband Will Arnett last September — aka the most bummer celeb breakup ever — according to Us Weekly. "She was looking for a guy like him," a source says. "She wanted a comedian who 'gets' her." Kroll's played a recurring role on her sitcom since 2011.

4 "The Rachel" came out of being high

It turns out one of the most iconic hairstyles of the '90s was created under the influence. Chris McMillan, longtime hairstylist to Jennifer Aniston, says he was stoned when he created "the Rachel," Aniston's "Friends"-era haircut that became a huge hit, according to WWD. "I'm 14 years sober, so I feel safe enough to say that," McMillan says. There apparently aren't any hard feelings, as Aniston and McMillan are still working together. I wonder what Miley Cyrus' stylist was on when she gave the pop star her latest 'do. Bath salts, perhaps?

Ken Oringer and Ming Tsai mean (delicious) business. / MIKE DISKIN

Cooking for a cause

Benefit. The Boston Bites Back chefs talk Boston pride and the healing power of food.

Ming Tsai and Ken Oringer, the organizers behind Boston Bites Back at Fenway Park on Wednesday, will always remember where they were at 2:40 p.m. on April 15, 2013. Tsai, a Food Network show host and owner of Wellesley's Blue Ginger, had just left his new Fort Point restaurant, Blue Dragon. He was on the Pike when the news of an explosion came on the radio. Immediately, he headed back to Fort Point.

"I had staff there, I wanted to make sure everyone was OK," Tsai says. "I was pissed. I still am pissed. It makes me so mad that these pathetic crazies try to ruin something good."

For Oringer, whose restaurants include Clio and Toro, the event hit closer to home — literally. He and his family were watching the marathon in Kenmore Square before heading to the finish line. But his 4-year-old son needed a nap and they went home instead. Home is near the Prudential Center. His son and wife had just headed there when Oringer heard the crashing booms.

"I thought it was an earthquake at first," he recalls. "Then I heard everything outside, the sirens. It was scary."

Around 10 p.m. that night, angry and sad, the longtime friends spoke on the phone.

"We knew we had to do something that showed Boston's resilience and strength," says Tsai. "Food, breaking bread — it brings people together. It helps to heal."

"We thought about what we could do and knew it had to be nothing inconsequential," says Oringer. "It had to be really huge. Boston is a small city with a big community. Everyone is one degree of separation from someone touched by this. Everyone feels the pain. This is about unity and moving forward."

LINDA LABAN
linda.laban@metro.us

By the numbers

Worth every penny

Boston Bites Back, which benefits the One Fund, is set to include 100 Boston chefs cooking and serving at Fenway Park. That's a lot of culinary talent in one stadium.

"We needed a big venue, we needed somewhere that said Boston and we needed it to be open to the stars," says Oringer. They did the math: "We worked it out — the price is $2 a chef. I know I'm worth two bucks," Tsai half-jokes.

If you go

Boston Bites Back

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www.bostonbitesback.org

TV picks

Kaniehtiio Horn — right, next to a gentleman alien — looks appropriately, well, defiant, on "Defiance." / BEN MARK HOLZBERG, SYFY

COMEDY

'How I Met Your Mother'

The group heads to Barney and Robin's wedding and incurs just enough drama to constitute a season-ending cliffhanger. **SEASON FINALE, 8 P.M., CBS**

DRAMA

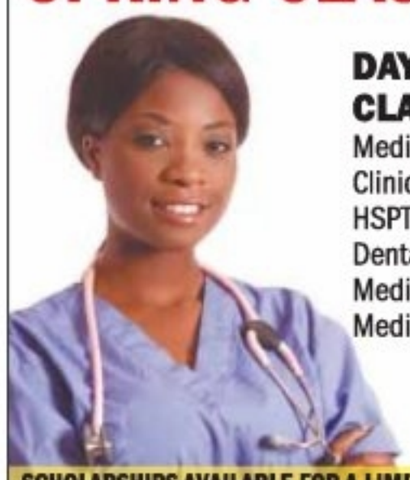
'Defiance'

Aliens and people must learn to coexist in this futuristic alien invasion show that is definitely nothing at all like "Alien Nation." No, seriously, it's totally different. **9 P.M., SYFY**

REALITY

'Red, White, and New'

This show celebrates American innovation by presenting exciting inventions, like an important new spin on the pogo stick. **10 P.M., TRAVEL NATALIE SHURE**



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32 MPG

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2013 GMC ACADIA
SLE1

8 PASSENGER • ONSTAR

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12 boston Monday, May 13, 2013

NOISY NEIGHBORS DRIVING YOU CRAZY? HOW TO DEAL

The question

I have really noisy neighbors who are driving me crazy. I hear all their personal conversations and parties, and know way too much about their sex lives. Plus they argue a lot and slam doors. I pay a lot of rent and resent having to deal with this. Any suggestions?

If this is you on a daily basis, it's OK to ask your neighbors to keep it down. / GETTY IMAGES, ZOONAR RF

No Insurance Necessary

KIM SCHNEIDERMAN, MSW, LCSW

NOVEL-PERSPECTIVE.COM

Kim Schneiderman, MSW, LCSW, is a psychotherapist and former journalist with a private practice in New York City.

As the saying goes, good fences make good neighbors. For many cosmopolitans, unfortunately, those proverbial fences are thin walls and creaky floors that broadcast every groan, thump or raised voice from strangers who share the same address. We pay a premium for every square foot of privacy, yet unwittingly share plumbing, critters and private moments. Still, many of us know next to nothing about the lives, much less the names, of the people we pass in halls daily. It's a strange and uninvited intimacy.

Your frustrations are completely understandable. We expect our homes to be sanctuaries from the hustle and bustle of city life — which is all the more reason we get so bent out of shape by unwelcome disturbances. But you need not suffer interminably. Aside from sound-proofing, there are several things you can do to restore your sanity:

1 Assess the situation. Acting on anger, like retaliating or slamming your door, may only aggravate the situation, and could lead them to believe that you're the problem. Unlike passengers on a packed train, these aren't pushy strangers you'll never see again. Until one of you moves, you're stuck with them. White noise machines can help buffer conversational intrusion. If the noise is louder and ongoing, you may want to collect your thoughts or make a list of your complaints. If you're awoken in the middle of the night, knocking on the wall may be just enough to remind your neighbor that the walls are thin.

2 Politely discuss the noise levels with your neighbors (for safety purposes, you may want to take someone else along). Be factual: Tell them what you can hear and suggest they keep noise levels down late at night. If possible, find humor in the situation (a friend received a letter from her neighbor stating: "We respect people's right to a healthy sex life, but you are keeping our kids up at night"). Your neighbors may be unaware and will want to maintain their privacy. They may also be able to hear you too, which may affect how you choose to modulate your volume. See if you can come up with a mutually agreeable solution. Write down the date when you confronted your neighbors, as you may need it if the issue isn't resolved.

3 If you receive a negative response, or no response at all, supply them with a copy of your lease. Most leases contain a clause stating your right to "quiet enjoyment." You might also consider writing your neighbors a letter informing them that if they don't quiet down, you will be notifying the landlord. A letter signed by other neighbors who don't appreciate the noise could be additionally effective.

4 If necessary, contact your landlord. Inform him or her of what you've done thus far and supply them with a copy of your letter, if you wrote one. You'd be amazed at how much quieter people become if they fear eviction. Calling the police is also an option if the noise is "disturbing the peace," especially if you suspect domestic violence.

— This column is not intended to be used as a substitute for a private consultation with a mental health professional, nor is this therapist to be held liable for any actions taken as a result of this column. If you have any concerns related to this column, make an appointment with a licensed mental health professional. Metro does not endorse the opinions of the author.

South Beach Diet doctor: Don't fear gluten

Even if this isn't how you feel each day, cutting back on gluten might benefit your bod. / GETTY IMAGES

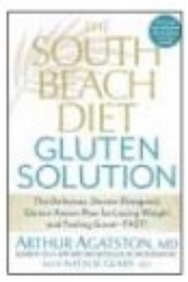
Health. But since he thinks "everyone is on the gluten-sensitive spectrum," consider cutting back.

Now, it's not just people totally intolerant to gluten who are giving up the protein.

Dr. Arthur Agatston, a cardiologist who authored "The South Beach Diet" and created Southbeachdiet.com, has followed up with "South Beach Diet Gluten Solution." The book isn't just for people diagnosed with celiac disease, he says — it's for everyone.

"I think everyone is on the gluten-sensitive spectrum to some degree," says Dr. Agatston. "I am convinced it is the most under-diagnosed medical condition of our time."

Gluten is a protein found in highest concentration in wheat, but other grains like barley have smaller amounts. Some grains like quinoa or oats have none. Gluten can damage the small intestine, which is where nutrients from food are absorbed: "If gluten is not properly digested, it begins to poke holes in the lining," explains Dr. Agatston.



How to do it

Choose grains carefully, cut down on beer, avoid seitan — which is highly concentrated gluten — and opt for naturally risen whole wheat bread.

"When wheat is processed ... we're left with the starch, which concentrates the gluten," says Dr. Agatston. "Also, the way bread was traditionally baked, it was left to rise and the bacteria broke down the gluten, predigesting it for us. Now, [in] 'no-rise' bread, the gluten isn't broken down, giving us a bigger load to tackle."

The issue isn't really gluten, he says, but that "it's in everything."

"Our bodies are inundated with it now, creating sensitivity. ... For most of us, we need to be gluten-aware and restrict ourselves."

According to the book, lowering gluten intake can improve mental focus and energy levels, heal chronic skin conditions such as psoriasis, relieve anxiety and depression, help with rheumatoid arthritis and protect against diabetes.

LINDA CLARKE

letters@metro.us

PLUS

Online

Trending online at Metro.us

1 Make these 'Great Gatsby'-inspired cocktails.

2 Phillip Lim to team up with Target.

3 Hard drugs offering hope in mental health crises?

Quoted

"There is no downside to going gluten-free. But people don't have to be gluten-phobic, just gluten-aware. Find your own threshold and what makes you feel healthier. If you cheat one day, cut back the next."

Dr. Authur Agatston

How to escape your black and white world to live the dream

Phillippe Von Borries, founder of the fashion website Refinery 29, asks a group about their first music concert at a Live in the Grey event. / PROVIDED

Loving your job just might be the oldest career objective out there. For the founders of the website Live in the Grey, it's the idea they hope to make into a movement. Friends Maneesh Goyal and David Munczinski decided that the new crop of entrepreneurship-minded young people would benefit from a place to find out how people like them — with an idea and some passion — were able to merge what they love with what they do. We asked founder Maneesh Goyal for his advice for young professionals.

What is your advice for people just starting out?
We believe your first step has to be discovering and defining what moves you. For me, it was as simple as sitting down and writing out "what doesn't feel like work." I took these passions and eventually entered the event marketing industry.

People often make their own paths now. What's your advice to them?
Before you can chart your own path — whether in a company, as a freelancer or as an entrepreneur — you need to have a clear vision for where you are going, while being open to unforeseen changes. You have to start by truly defining what is fulfilling to you. For us, fulfillment is the cross-section of personal and professional, and fulfillment is fundamentally necessary to sustain anyone in their career. We highlight the stories of people who are "grey" to inspire people to get there on their own.

What scared you most about taking the leap into a new venture?
The most intimidating aspect of starting Live in the Grey was overcoming the fear that our philosophy was only a personal outlook we share as co-founders. Was anyone going to appreciate and be inspired by these ideas? Fortunately, we have found an engaged audience through our site and events. This is always a risk for a person or a group starting a venture with a mission. Our message is "risk makes life remarkable" — and that means redefining risk from something to be scared of into something to embrace. METRO

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THERE'S NO NEED TO GO IT ALONE: FIND A MENTOR

The Broad Experience

ASHLEY MILNE-TYTE

Ashley Milne-Tyte is a radio producer and reporter based in New York City. She hosts a bi-monthly podcast called "The Broad Experience" about women in the workplace.

Last month I attended the annual awards conference of Catalyst, an organization that advocates for women in business. Xerox CEO Ursula Burns was the lunchtime speaker. She was refreshingly blunt, funny and engaging. One of the points she made was that mentors are an important part of a successful career: "Men and women need them, but women need them more."

That made me a bit concerned, as I've never really had one. I asked Tiffany Dufu to spell out just what mentorship can do for women in particular. Dufu is chief leadership officer of Levo League, a startup devoted to getting Generation Y women to the top. Mentorship, she says, "helps you achieve clarity through guidance and encouragement."

Many women want to find a mentor, but it's hard to go about that if there's no obvious candidate lurking in your office. And there may not be, since senior women are relatively thin on the ground. Dufu says you should definitely seek out men as well. She advises mentees not to think about mentorship in terms of one person, a savior who's going to magically elevate your career. "It's valuable to have multiple mentors at one time, because that's how you can shape one element of mentorship, which is learning more about yourself," she says, and adds that various mentors should be giving you messages about yourself that are consistent: "That is how you build a level of self-awareness about what to do next in your career." Levo League now has an online mentorship program allowing members to tap many senior women for advice.

Dufu says she's had wonderful mentors in the past who were totally unconnected to her company or industry — women "who had been around the block several times and could provide guidance." So don't feel your mentor has to be someone from work.

Quoted

"It's very valuable to have multiple mentors at one time, because that's how you can shape one element of mentorship, which is learning more about yourself."
Tiffany Dufu

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Horoscope

♉ Taurus | April 21 - May 21.
Nothing worthwhile is likely to be accomplished if you're too reluctant to compromise. It'll be your loss; sometimes you need to bend to get what you want.

♊ Gemini | May 22 - June 20.
Though you will admirably want to help someone you see struggling, make sure that the person is legitimately in need of help. He may just be faking.

♋ Cancer | June 21 - July 22.
Complications will arise if you're so adamant about having your way that you buck the will of the majority. Being the lone dissenter will make you stick out like a sore thumb.

♌ Leo | July 23 - Aug. 22.
Be careful not to overplay your hand in a collective endeavor. Demanding things be done your way or loudly tooting your own horn could turn supporters into opponents.

♍ Virgo | Aug. 23 - Sept. 22.
Nothing will be gained by arguing with someone whose views differ radically from yours. To make matters worse, it might be about something that neither of you can change.

♎ Libra | Sept. 23 - Oct. 22.
If you're swimming in unfamiliar waters, make sure you have a firm grasp of what's what. Someone could be trying to take advantage of you. You'll wisely use what you learn.

♏ Scorpio | Oct. 23 - Nov. 21.
Don't make a major domestic decision before talking things over with your mate and/or family. Someone in the household might have a better picture than you.

♐ Sagittarius | Nov. 22 - Dec. 21.
Someone who has neglected to thank you for a previous favor might once again seek your help. What you do is your business, but don't look for a different ending.

♑ Capricorn | Dec. 22 - Jan 20.
Normally, you're a pretty cautious person, but today someone might talk you into doing a favor for him or her against your better judgment.

♒ Aquarius | Jan. 21 - Feb 18.
Have some alternative plans in mind today, just in case you have to scrap your original objective. There's a chance something might cause you to change course real fast.

♓ Pisces | Feb. 19 - March 20.
Just because someone strong-willed is presenting something to you doesn't mean you have to do what this person wants. Don't be awed by his force.

♈ Aries | March 21 - April 20.
If you're not careful, you could get yourself in trouble by giving more than you can materially or emotionally afford. Be careful not to overextend yourself in either case. BERNICE BEDE OSOL

Letters

Who's afraid of a shrine?

Re: "Don't build a shrine to a bomber" (Metro, May 10-12) Letter writer Brian A. Jones imagines a world of terrorists making a shrine and "a place of pilgrimage" to the Boston Marathon bomber's burial plot. I say, good — if that would really happen. With FBI surveillance that would become an ideal site to identify and survey any sympathizing terrorists stupid enough to appear there. Tell me off the top of your head, if you can: Where are the "shrines" of John Wilkes Booth, Charles Guiteau, Sacco and Vanzetti or Timothy McVeigh? No one knows or cares. You are fearful of something that doesn't actually exist. We need to focus on genuine world problems.
MICHAEL ANGELO, VIA EMAIL

Re: "All deserve a proper burial" (Metro, May 9) To letter writer Ruben Sauceda, who believes that alleged, deceased Boston bomber Tamerlan Tsarnaev deserves a proper burial: By now we are aware that an anonymous person accepted his body for burial. Good as you may believe this to be, I had an alternative for you: Bury that murderer in your own backyard, but dig the hole deep enough to send him to hell.
JOSEPH R. LAPENTA, VIA E-MAIL

Lohan is a lucky duck

How does she do it? Hey kiddies, Lindsay Lohan prefers ecstasy to cocaine. Maybe that's why she doesn't rob jewelry stores any more. Ecstasy only causes her to drive under the influence, hit and run with a car, beat the government out of taxes she owes and get judges to allow her to thumb her nose at the legal system. Ah yes, so much for "equal justice under the law."
ALAN JACOBS, VIA E-MAIL

letters@metro.us
Keep them a brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

	2				5			3
				1				4
5		7			2		1	9
			4				9	6
		2	5		8	4		
7	9				3			
1	7		8			6		2
8				3				
2			6				5	

	3	2		1	6	4		
6		5			8			3
			3					6
	9		6					1
	6						3	
7					3		6	
2					9			
4			8			6		7
		7	2	6		8	1	

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across
1 Former PanAm rival
4 – vu
8 Queendom of old
13 Haiku or ballad
14 Vaccine type
15 Weight deductions
16 Part of A.D.
17 On the same –
19 Fruit cake ingredient
21 – – standstill
22 Rx amount
23 "The Thin Man" pooch
25 Import vehicle
27 Scary
31 Coffee choices
35 Sis. or bro.
36 Sharif and Bradley
38 Music source
39 Quit flying
41 Sends forth
43 Ducks' haunt
44 Nurse – Barton
46 Cuts and pastes
48 Princess Di's niece
49 Brownies
51 Red fish
53 Like summer tea
55 Wildebeests
56 Gasp
59 Make fun of
61 Out-of-this-world
65 Big shocks
68 Prod on
69 Fierce look
70 Hairy twin
71 Clinton, Gore, etc.
72 Tex-Mex dip
73 Easy victory
74 Fiber-rich grain

Down
1 Singer – Tennille
2 Left
3 Lacking scruples
4 Computer glitch result
5 Memorable time
6 Island near Borneo
7 Prince Val's wife
8 Sault – Marie
9 Race equalizer
10 Hence
11 Wagers
12 Arthur of tennis
13 Felt boot
18 Commend
20 European capital
24 Make – – for oneself
26 "– Spiegel"
27 Fracture
28 Conversation starter
29 Trojan saga
30 Power systems
32 Unfired brick
33 Superior
34 Fizzy drinks
37 Smart
40 Quislings
42 Loses a lap (2 wds.)
45 Canine registry
47 Inducement
50 Like autumn leaves
52 Prefix for "false"
54 Greasy spoon
56 Violin parts
57 Jean Auel heroine
58 "Hud" Oscar-winner
60 A kiss in Granada
62 Circle size
63 Execs
64 Proposal response
66 Tender pod
67 Bash into

Weekend's answer

S	A	S	H		R	E	B	A			F	O	C	I
H	U	L	A		E	L	E	C	T		E	A	R	S
O	D	O	R		P	A	G	E	R		A	H	A	B
W	I	G	S		E	N	S		A	U	T	U	M	N
			H	E	A	D		A	N	K	H			
S	C	U	L	P	T		U	N	S	E	E	D	E	D
T	A	N	Y	A		O	M	N	I		R	A	N	I
R	U	T			A	W	A	I	T			M	T	N
A	S	I	F		L	E	S	E		F	R	E	R	E
P	E	L	I	C	A	N	S		K	A	I	S	E	R
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A	T	T	E	N	D		W	A	R		K	N	O	B
V	O	U	S		I	R	E	N	E		I	A	G	O
I	N	N	S		N	I	N	J	A		E	V	E	N
V	I	S	E			A	T	O	N		R	E	E	D

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Pen is mightier

David Ortiz / GETTY IMAGES

Ortiz feud with writer heating up

The David Ortiz-Dan Shaughnessy feud could carry on all summer at this point.

Ortiz and the Boston Globe columnist had their second "conversation" this past weekend when the Sox slugger momentarily stopped before leaving the clubhouse Saturday and targeted Shaughnessy among a horde of reporters.

"Look who it is," Ortiz said, glancing at the writer.

Shaughnessy had ruffled feathers in the Sox organization last week when he wrote a column suggesting that Ortiz may be using performance-enhancing drugs this season. Ortiz was listed among more than 100 MLB players who tested positive for PEDs in 2003, according to a 2009 New York Times report.

"By the way, let me know what I tested positive for in 2003," Ortiz said to Shaughnessy on Saturday.

Ortiz also told Shaughnessy that on the day the columnist questioned him about PED use, he took an MLB-sanctioned drug test.

Ortiz received the day off yesterday against Toronto as he is mired in a mini-slump following a hot April. METRO

Slumping Sox

Red Sox drop two of three against Blue Jays

The Red Sox are enduring their worst stretch of the 2013 season thus far as they dropped their eighth decision in the last 10 games yesterday at Fenway Park, a 12-4 drubbing from the Toronto Blue Jays. Sox starter Ryan Dempster was smacked around on the hill, allowing six runs on seven hits in just five innings. METRO

Toronto's Leo Komarov punishes Boston's Chris Kelly along the boards in Game 6 last night at Air Canada Centre. / STEVE RUSSELL, TORONTO STAR

Another year, another Game 7 for the Bruins

NHL. The Bruins never make it easy on themselves as they will play their fifth Game 7 in three seasons.

Mocking chants of "Thank-you, Seg-uin!" and "Tuuuukkkaaa!" rained down on the Bruins late in Game 6 last night at Air Canada Centre as Toronto celebrated their Maple Leafs forcing a Game 7 (tonight, 7 p.m.) against the suddenly punchless Bruins in a 2-1 victory.

Toronto finally broke a scoreless tie 1:47 into the third period when Nazem Kadri found the back of the net off a neutral zone spin pass by James van Riemsdyk.

The Maple Leafs scored again when Phil Kessel picked the puck out of a scrum 8:59 into the third.

James Reimer was once again fantastic in net for Toronto, recording 29 saves. Tuukka Rask deflected 24 shots for the B's.

The two teams had an equal amount of scoring chances early on but Rask, with 11 saves, and Reimer, with 15 saves, through the first 30 minutes of play would not allow any lamps to be lit.

Most Bruins fans had to be comfortable after two periods as the B's were 11-3-0 when tied after two periods this season, but Toronto ultimately came alive in the final period. Patrice Bergeron had several decent looks at the net in the first two periods, with four shots on goal. Kessel was highly active for Toronto early on as well with three shots on net.

Boston's lone goal came with just 26 seconds remaining when Milan Lucic recorded an empty-netter off feeds from Jaromir Jagr and Zdeno Chara.

The Bruins have played a number of game sevens in the past few years with mixed results. Boston lost in overtime of Game 7 last year against the Capitals in the quarterfinals and lost, 4-3, in Game 7 to the Flyers in the 2010 semifinals.

Conversely, in Boston's 2011 Stanley Cup title run, the B's played in three Game 7s, beating Montreal, Tampa Bay and Vancouver.

MATT BURKE
matthew.burke@metro.us

Going the distance

The Bruins and Leafs aren't the only Eastern Conference teams involved in a Game 7 as the Rangers and Capitals will meet tonight as well (8 p.m., NBCSN).

- **Henrik Lundqvist was brilliant for the Rangers, stopping 27 shots and recording his seventh NHL playoff shutout in New York's narrow 1-0 Game 6 victory at Madison Square Garden yesterday.** Derick Brassard tallied the lone goal for the Rangers. Pittsburgh and Ottawa have already advanced in the East. San Jose, Los Angeles and Chicago have already advanced in the West. The NHL re-seeds teams after one round.

3 SPORTS

NBA

LeBron a flopper?

Bulls head coach Tom Thibodeau was fined $35,000 for comments regarding officiating in the Chicago-Miami semi-finals series. Thibodeau said of LeBron James, "From my angle, I saw a guy basically flop."

Online

Trending online at Metro.us

1 Game 6 highlights of the Bruins and Maple Leafs

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Middlebrooks' dad slowly letting go of coaching role

Red Sox third baseman Will Middlebrooks is playing in his second major league season. / JARED WICKERHAM, GETTY IMAGES

Family matters

Will Middlebrooks isn't the only star athlete in his family.

- **His sister Lacey plays softball for Tulsa, where the Division 1 designated player and pitcher is batting .292 on the season with six homers and 25 RBIs in 50 games this year.** Lacey, who graduated from the Oklahoma school this past weekend, is very close to her brother and will be coming to Boston this summer to be a ball girl at Fenway Park. Lacey interned with Triple-A Pawtucket Red Sox last summer. With two of the three Middlebrooks kids being in Boston this summer, father Tom will be spending as much time as he can in New England. Said Tom: "I'd like to be there right now to tell you the truth."

MLB. Tom Middlebrooks embracing 'dad' over 'coach' as his son, Will, goes through the major league grind.

Many fathers and sons have unique relationships, and Will and Tom Middlebrooks are no different. Tom is a longtime high school football and baseball coach at Liberty-Eylau High School in Texarkana, Texas, and coached Will his entire life until he turned professional.

Things have changed a bit now that Will, 24, has made his way to the big leagues and plays 1,588 miles away. Tom has now transitioned into a "full-time" dad role, leaving coaching behind, but that isn't always easy for the elder Middlebrooks.

"Yeah, I try to [stay away from coaching Will], but sometimes it's hard," said Tom, when reached by phone over the weekend. "I've coached him pretty much my whole life, and the more I've gotten into coaching the more I've tried to analyze and see flaws, etc. That's just my make-up. I could sit there and pick out good things and bad things in a lot of swings; not everyone is going to be perfect. I don't want to mess with him."

Lately, it's been particularly difficult for Tom to keep his distance with Will going through the biggest slump of his short major league career. The father now offers support in subtle ways.

"I don't try to bother him too much. We talk maybe once, twice a week, mostly text," Tom said. "I'm a big sayings guy and if I find a saying that I think might help motivate him or lift his head up, I'll send it to him. I do it for all my kids basically.

"As a coach I can see some things, but as a dad I kind of bite my tongue because [Will] has some great coaches up there," he said.

Will played a major part in the city's healing following the Boston Marathon bombings, having come up with the "Boston Strong" phrase, which is now seemingly everywhere. Tom and the entire Middlebrooks family really didn't know the full effect Will had until they saw the Red Sox play in Texas two weekends ago.

"I didn't realize he had a lot to do with the 'Boston Strong' quote until we had gone to Texas and [Will] got us on the field during BP and I was standing next to a guy who was in a suit," Tom recalled. "I noticed he had a name tag on his suit and it had a John Hancock logo, and I can't remember the guy's name but Julie [Will's mom] was wearing her 'Boston Strong' shirt and he mentioned to her how much he thought of Will for what he said and how he created the 'Boston Strong' quote because he said he was at the race near where the bomb went off. He had some tears well up in his eyes and it was a real strong and an emotional moment. It's pretty neat that he's tied himself into the community because he says that's home for him now."

RYAN HANNABLE
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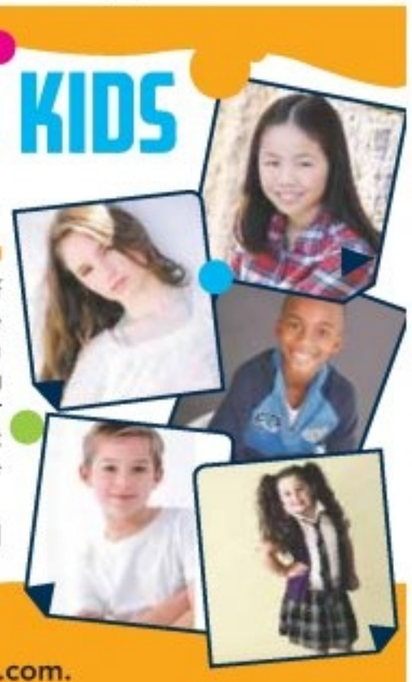

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THE COMMONWEALTH OF MASSACHUSETTS
MASSACHUSETTS DEPARTMENT OF TRANSPORTATION – HIGHWAY DIVISION
NOTICE OF A PUBLIC HEARING
Project File No. 606117

A Design Public Hearing will be held by MassDOT to discuss the proposed City of Boston Traffic Signals – 15 Locations Project in Boston, MA.

WHERE: **Vine Street Community Center**
339 Dudley Street
Roxbury, MA 02119

WHEN: **Thursday, May 23, 2013 @ 7:00 pm**

PURPOSE: The purpose of this hearing is to provide the public with the opportunity to become fully acquainted with the proposed Traffic Signals – 15 Locations Project. All views and comments made at the hearing will be reviewed and considered to the maximum extent possible.

PROPOSAL: The proposed project consists of updating traffic signal equipment, improving operations and providing for improvements related to pedestrian accessibility in various neighborhoods throughout the City. Intersections will be upgraded in **Dorchester** (Pleasant Street/Savin Hill Avenue, Pleasant Street/Stoughton Street, Ceylon Street/Quincy Street), **Roxbury** (Dudley Street/Shirley Street), **South End** (Waltham Street/Washington Street, Washington Street/West Concord Street), **Allston** (Cambridge Street/Windom Street, Cambridge Street/Lincoln Street, Cambridge Street/North Harvard Street, Cambridge Street/Franklin Street/Harvard Street), **Mattapan** (Cummins Highway/Rockdale Street, Cummins Highway/Woodhaven Street, Cummins Highway/Harvard Street/Wood Street), and **East Boston** (Bennington Street/Brooks Street/Havre Street, Bennington Street/Marion Street).

A secure right-of-way is necessary for this project. Acquisitions in fee and permanent or temporary easements may be required. The City of Boston is responsible for acquiring all needed rights in private or public lands. MassDOT's policy concerning land acquisitions will be discussed at this hearing.

Written views received by MassDOT subsequent to the date of this notice and up to five (5) days prior to the date of the hearing shall be displayed for public inspection and copying at the time and date listed above. Plans will be on display one-half hour before the hearing begins, with an engineer in attendance to answer questions regarding this project. A project handout will be made available on the MassDOT website listed below.

Written statements and other exhibits in place of, or in addition to, oral statements made at the Public Hearing regarding the proposed undertaking are to be submitted to Thomas F. Broderick, P.E., Chief Engineer, MassDOT, 10 Park Plaza, Boston, MA 02116, Attention: Mr. David Shedd, P.E., Roadway Project Management Section, Project File No. 606117. Such submissions will also be accepted at the hearing. Mailed statements and exhibits intended for inclusion in the public hearing transcript must be postmarked within ten (10) business days of this Public Hearing. Project inquiries may be emailed to dot.feedback.highway@state.ma.us

This location is accessible to people with disabilities. MassDOT provides reasonable accommodations and/or language assistance free of charge upon request (including but not limited to interpreters in American Sign Language and languages other than English, open or closed captioning for videos, assistive listening devices and alternate material formats, such as audio tapes, Braille and large print), as available. For accommodation or language assistance, please contact MassDOT's Chief Diversity and Civil Rights Officer by phone (857-368-8580), fax (857-368-0602), TTD/TTY (857-368-0603) or by email (MassDOT.CivilRights@dot.state.ma.us). Requests should be made as soon as possible prior to the meeting, and for more difficult to arrange services including sign-language, CART or language translation or interpretation, requests should be made at least ten (10) business days before the meeting.

In case of inclement weather, hearing cancellation announcements will be posted on the internet at **http://www.massdot.state.ma.us/Highway/**

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